

## **Irritable Bowel Syndrome: First Line Management**

This course aims to present the latest research and clinical practice guidelines to facilitate evidence-based management of irritable bowel syndrome (IBS). It is for Dietitians who currently manage, or are keen to develop knowledge in managing adults with IBS. The course is taught through self-directed learning, and an interactive workshop.

### **Aim**

For dietitians to develop the necessary knowledge and skill set to safely and effectively implement the evidence-based clinical recommendations for first line dietary and lifestyle management of IBS with a patient centred approach

### **Learning Outcomes**

By the end of this course, participants should be able to:

- Explain the aetiology, prevalence and impact of IBS on the individual, healthcare and society
- Explain the gut-brain axis, therefore association between IBS and mental health and the importance of psychological therapy
- Discuss pharmacological intervention, and its role in symptom management
- Complete a global assessment to ensure a safe, appropriate and positive diagnosis of IBS has been made
- Develop an awareness of the impact of the patient-client interaction on clinical outcomes; rapport building, motivational interviewing and management of difficult conversations
- Implement the BDA's clinical practice recommendations for the dietary management of IBS, using behaviour change techniques to support lifestyle change
- Review and evaluate the effectiveness of an individual's progress with personalised care plan, using appropriate outcome measures
- Know when it is appropriate to discontinue care and/or to refer on to other services
- Have an awareness of second line intervention – The Low FODMAP Diet
- Have an awareness of the role probiotics can play in supporting the management of IBS

## Self-directed Learning

### Before the workshop

- Essential reading:
  - NICE CG61: Irritable bowel syndrome in adults: diagnosis and management (2017)
  - NICE NG12: Suspected cancer: recognition and referral (2021)
  - BDA Guidelines for the dietary management of irritable bowel syndrome in adults (2016)
  - BSG Guidelines on the management of irritable bowel syndrome (2021)
  - Dietary fibre in GI health and disease (Gill S et al 2020)
- Workshop Preparation:
  - Reflect on previous IBS cases you have seen and consider:
    - Their journey with symptoms before they reached you
    - The emotions they were expressing
  - Reflect on the use of food diaries with those experiencing IBS

### After the workshop

- Reflect on the workshop and consider how this will influence future practice.
- Course evaluation